

# THE *owl* RESET GUIDE

## DAILY SCHEDULE



### MORNING

16oz. Vegan Broth Elixir  
16oz. Magic Matcha Shake



### NOON

16oz. Chicken Broth Elixir  
16oz. Golden Ginger Shake



### NIGHT

16oz. Beef Broth Elixir  
16oz. Bold Beet Shake

### SERVING PORTIONS

one jar = 32 oz. = two 16oz. reset servings  
one mylkshake packet = 32 oz. = two 16oz. reset servings

## MYLKSHAKE PREP



**PRO TIP:** Add more fruit or vegetables for a thicker consistency.

### MAGIC MATCHA

1 whole plantain\*  
1 mylkshake packet  
32 oz. filtered water

\*sub 1 banana, 1 avocado,  
or ½ cup fresh or frozen  
coconut meat

### GOLDEN GINGER

1 cup peeled, steamed, &  
cooled kabocha squash\*  
1 mylkshake packet  
32 oz. filtered water

\*sub yam, canned pumpkin, or  
acorn/butternut squash

### BOLD BEET

¾ cup peeled, steamed, &  
cooled beets(about 2 beets)\*  
1 mylkshake packet  
32 oz. filtered water

\*sub sweet potato, yam,  
or steamed carrot

**INSTRUCTIONS** Add ingredients (in above order) to blender & blend on high for 2 minutes or until smooth. Prepped Mylkshakes must be refrigerated in an air-tight container & will stay fresh for 4-6 days.

## BROTH REHEATING



**OPEN**



**POUR**



**SIMMER**



**SERVE**

Use a can opener or wine key to pop the seal. Our broths are pressure-canned and are shelf stable for 6 months. Once opened, our broths must be refrigerated & will stay fresh for 7-10 days in the refrigerator.

## APPROVED FOODS

Listen to your body. Not everyone chooses to eat while doing the Reset, but if you feel hungry or low energy, you may introduce any of the following approved foods into your diet.

**COOKING OILS** coconut oil, olive oil, ghee

**SPICES & HERBS** cilantro, cumin, dill, dulse, ginger, mustard, parsley, rosemary, sage, thyme, turmeric

**BEVERAGES** herbal tea, lemon water, fresh nut/seed milks (not boxed)

**FRUITS** avocado, berries (<½ cup per day)

**PROTEIN** ground turkey or chicken, sautéed wild low mercury fish, boiled chicken, spirulina, sprouted quinoa

**COOKED GREENS** collard greens, kale, nettles, sorrel, spinach, swiss chard

**COOKED VEGETABLES** beets, carrots, celery, celery root, fennel, squash\* (acorn, butternut, kabocha, or pumpkin), sweet potato, yams, zucchini *\*skin removed*

### BOOK A 15-MINUTE HEALTH COACHING SESSION

(included with all OWL Resets)

### BOOK A 60-MIN POST CLEANSE SESSION

extend the benefits of your reset



**4 DAY RESET** 6 broth elixirs + 6 mylkshake packets OR 6 mylkshakes

**6 DAY RESET** 9 broth elixirs + 9 mylkshake packets OR 9 mylkshakes

**8 DAY RESET** 12 broth elixirs + 12 mylkshake packets OR 12 mylkshakes



#### CAN I DRINK COFFEE?

You've got questions, we've got answers. Check out our [FAQ page](#).



#### SUSTAINABILITY

Please recycle or reuse your box & mason jars



#### SHARE YOUR EXPERIENCE

We'd love to share your experience. Follow [@owlvenice](#) & tag [#owlvenice](#)

